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(71) Applicant (for all designated States except US): **THE UNIVERSITY OF SHEFFIELD** [GB/GB]; Western Bank, Sheffield S10 2TN (GB).

(72) Inventors; and

(75) Inventors/Applicants (for US only): **ROUTH, Alexander, Francis** [GB/GB]; 8 Forge Hill, Oughtibridge, Sheffield S35 0GF (GB). **STYRING, Peter** [GB/GB]; 19 Springfield Avenue, Millhouses, Sheffield S7 2GA (GB).

(74) Agent: **JENKINS, Richard, Gavin**; Marks & Clerk, 43 Park Place, Leeds LS1 2RY (GB).

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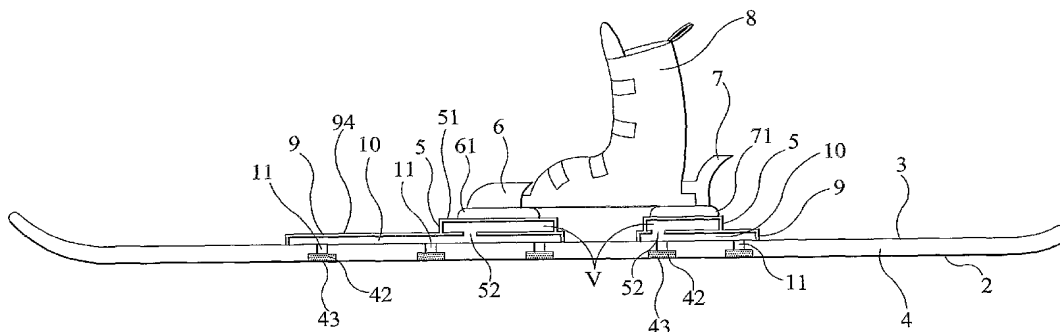
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(54) Title: SKI AND SNOWBOARD LUBRICATION SYSTEM



(57) **Abstract:** A ski or snowboard (4) has a lower running surface (2) and comprises means (6, 7) for attaching a boot (8) to the ski or snowboard, a deformable lubricant reservoir (5), and means (11) for conveying lubricant from the reservoir to the running surface, the arrangement being such that, in use, an attached boot can exert pressure on the reservoir to deform the reservoir and drive lubricant from the reservoir, via the conveying means, to the running surface. The means for conveying lubricant is preferably arranged to convey lubricant from the reservoir to a plurality of positions (43) on the running surface, via one or more porous members (42) that each have an outer surface which forms part of the running surface. A corresponding lubrication method is described. Also disclosed is a ski or snowboard having a lower outer surface, which forms part of the running surface, and opposing upper surface, the ski or snowboard further comprising means for conveying lubricant to the opposing upper surface such that lubricant may pass through the porous member to the running surface.